

Lean On AI for Mental Health

AI can use cognitive-behavioral techniques to provide mental health support. It can engage users in conversation, offers emotional support and can provide coping mechanisms.

Using Artificial Intelligence as a tool to support something that involves such raw human emotions seems strange. It certainly is unconventional to the way we engage in traditional healthcare services.



Let's be clear, AI is not intended to replace professional mental health services. It lacks the depth of human understanding, empathy, and context that human therapists or counselors provide. AI does not possess the capacity for a deep human connection, but it can serve as a source of support and guidance, offering a helping hand when individuals feel pain, sorrow or are feeling overwhelmed.

When individuals lean on AI's capabilities in the field of healthcare several benefits can emerge. By combining the capabilities of AI with professional mental health services we can form a comprehensive support network that embraces the strengths of technology and the importance of human connection.

One of the advantages of leaning on AI for mental health support is its accessibility. Traditional mental health services often face challenges related to limited availability and the stigma associated with seeking help. AI tools can be easily accessed through current technology and digital devices, providing immediate support at any time and from anywhere. This is particularly valuable for individuals who may be hesitant or unable to access in-person services.

If we lean on AI's capabilities, we see that it can offer personalized interventions based on individual circumstances. So as unconventional as this seems, if AI can help reach one person who needs a helping hand, then let's embrace what can be a relevant resource for support.

Bill Withers provides some inspirations in his song, "Lean On Me" with his words "When you're not strong, I'll help you carry on" This powerful message of support and unity emphasizes the idea that we all need somebody or something to lean on during challenging times.

When individuals don't have somebody then at least they can have something to Lean On.

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